



## **HYDROTHERAPY PROGRAM**

### **AN AQUATIC THERAPY PROGRAM**

This is an individualized self-directed exercise program within a group structure intended to serve a wide variety of participants. Hydrotherapy is designed to improve pre- and post-surgery outcomes, enhance range of motion, aid in muscular relaxation, improve circulation and strengthen the muscular system. Participants include surgery patients, post-stroke patients, those with chronic diseases, and many others who utilize the program to maintain their strength, flexibility and health.

#### **Requirements:**

1. A completed JCC Physician Consent form, valid for 1 year
2. A completed Hydrotherapy Registration form
3. Payment of applicable fee
4. Completion of an initial evaluation appointment prior to participation in the program
5. To participate, you must be able to exercise independently **OR** be accompanied by a personal aid (there is a handicap pool lift/chair you may use to enter/exit the pool)

#### **What to expect:**

An individualized exercise program will be created for you during your 60 minute initial evaluation based on your physician's and our aquatic specialists' recommendations. A packet with corresponding visuals will be created and sent to you. An instructor is available during program times to monitor progress, answer questions, adjust exercise form/technique, etc. Our aquatic specialists may modify your individual routine as progress is made or new medical information arises.

After one year participation in the program, an updated physician consent form will be requested. At this time, your individual program will be re-evaluated based on any new medical information and your progress as assessed by the instructors. The cost of the annual 40 minute re-evaluation is \$75 for JCC members or \$85 for the public. Continued participation in the Hydrotherapy program is dependent on maintaining current physician consent forms and completing annual re-evaluations.

#### **Class Times:**

The indoor pool is reserved for Hydrotherapy Monday through Friday from 12:00PM to 1:00PM. JCC members have use of the facility outside of program times, and the public have access to the locker rooms for 30 minutes before and after the Hydrotherapy times. A weekly sign-in roster is located at the indoor-pool office. **Signing in is required each time you come to the program.**

## **Fees:**

Osher Marin JCC recognizes that the Hydrotherapy Program is unique and benefits many people, members and public alike. The public is welcome to join the program and attend after purchasing a class punch-card. The associated fees are as follows:

- JCC Members:
  - \$220 → Initial Evaluation
  - \$75 → Annual Re-evaluation
  - Unlimited classes are included in full facility membership
- Public:
  - \$255 → Initial Evaluation + 12 class punch-card
  - \$85 → Annual Re-evaluation
  - \$144 → Additional 12 class punch-card
- There is a \$50 cancellation fee for evaluations with less than 24 hours' notice.

## **Payment and Registration Process:**

- I. Payment can be made by cash, check, Visa or Mastercard.
  - Checks should be made payable to *Osher Marin JCC*. Please include "Hydrotherapy" in the memo line.
  - Please call 415-444-8004 to process credit card payments by phone.
- II. Completed physician consent and registration forms can be faxed to **(415) 491-1235** or mailed to the following:

Osher Marin JCC  
Attention: Hydrotherapy  
200 N. San Pedro Rd.  
San Rafael, CA 94903
- III. A JCC staff member will call you to schedule your evaluation upon receipt of payment and forms. (Aquatic Therapy phone line: 415-444-8034)

*(\*The JCC does not bill insurance companies or participate in government reimbursement programs.)*